

Breastfeeding Support Program for Students, Faculty, Staff and their Spouses/Partners and UCOP

The Breastfeeding Support Program (BFSP) is sponsored by University Health Services - Health*Matters, the worksite wellness program. The BFSP serves faculty, staff, students, and their spouses/domestic partners, as well as employees at UCOP and LBNL who choose to continue breastfeeding after returning to work or school. The program includes:



- Personal, electric breast pumps and personal kits sold at cost
- Lactation rooms on campus
- Breastfeeding classes facilitated by a certified lactation consultant.

Contact Us:

Health*Matters

UHS - Tang Center
2222 Bancroft Ave
Berkeley, CA 94720-4300

Breastfeeding Support Program Information

[Email: breastfeeding@lists.berkeley.edu](mailto:breastfeeding@lists.berkeley.edu) or call at (510) 643-4646

Program Services

- **Register for the Breastfeeding Support Program**
Please register to use any of the BFSP services (purchasing a pump, using a lactation room, etc.). Registration is FREE and allows Health*Matters to track the use of the program.
- **Complete and return the registration form (pdf):**
<http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/BFRegForm2012.pdf>
 - E-mail to: breastfeeding@lists.berkeley.edu
 - Fax to (510) 642-7411
 - Call Health*Matters at (510) 643-4646
<http://www.uhs.berkeley.edu/facstaff/healthmatters/breastfeeding.shtml#class>
(Note): Please check this website for class schedule changes each year.

If you are enrolling in the [breastfeeding class](#), you will be given a registration form to complete at the beginning of the class.

- **Purchase Breast Pump Products for the Berkeley Campus Community**
Health*Matters has contracted with [Ameda](http://ameda.com/) <http://ameda.com/>, to provide the following products to the campus community at cost plus tax:

- [Purely Yours® Electric Breast Pump with Carry All Tote](http://www.uhs.berkeley.edu/facstaff/healthmatters/breastfeeding.shtml#class)
<http://www.uhs.berkeley.edu/facstaff/healthmatters/breastfeeding.shtml#class>
 (\$195.00, includes tax) is a portable pump that operates on three power source options, including AC adapter, (6) AA batteries, or optional car adapter. Weighing only one (1) pound, Purely Yours fits into its own compact tote bag designed to hold the pump and all accessories while safely storing collected milk up to 10 hours in the Cool 'N Carry insulated tote included within the Carry All. BPA-free. The pump parts may be used with the hospital-grade pumps in the campus lactation rooms. Product #17077P
- [HygieniKit® Dual Pumping Kit](http://www.uhs.berkeley.edu/facstaff/healthmatters/breastfeeding.shtml#class)
<http://www.uhs.berkeley.edu/facstaff/healthmatters/breastfeeding.shtml#class>
 (\$40.00, includes tax) is your personal attachment kit that may be used with the hospital-grade pump in the lactation rooms if you do not have *Purely Yours* or another personal pump. The kit's unique silicone diaphragm acts as a barrier to ensure milk purity by preventing contaminants from coming in contact with collected breast milk and prevents milk back-up so tubing and pump require little to no maintenance. BPA-free. Product #17155
- To purchase a pump or kit, please make an appointment by [Contacting: Health*Matters.](http://www.uhs.berkeley.edu/facstaff/healthmatters/breastfeeding.shtml#contact)
<http://www.uhs.berkeley.edu/facstaff/healthmatters/breastfeeding.shtml#contact>
Please note: payment is accepted by cash or check only.

- **Lactation Rooms on Campus**

Most of the lactation rooms on campus have a hospital-grade, electric breast pumps for use either with the attachments from the Purely Yours Electric Breast Pump® or a personal HygieniKit®. Both of these products are available to purchase at cost from Health*Matters.

To use a lactation room on campus, please complete a [registration form](http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/BFRegForm2012.pdf).
<http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/BFRegForm2012.pdf>.

After you have registered and identified the preferred building with a lactation room, you will be provided the access code and specific directions.

Lactation rooms are located in the following buildings:

- Dwinelle Hall
 - Evans Hall
 - Giannini Hall
 - Haas School of Business
 - Moffitt Library
 - Simon Hall
 - Tolman Hall*
 - University Hall
- In addition, several buildings on campus have lactation rooms that are reserved for occupants of those buildings. These include California Hall, Earl Warren Hall, Li Ka Shing Center, RSSP, Stanley Hall, and the College of Chemistry. Please contact the building manager for access to these rooms.

*Tolman Hall has a lactation room with a hospital-grade pump and a lactation space in room 3204. Room 3204 is a small room with a privacy curtain and a chair for nursing or pumping. This is an "open-access" room located just inside the women's restroom.



[Download Campus Lactation Room Map](#) (pdf)

http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/CampusLactationRoomMap_public.pdf

- **Breastfeeding Your Baby Class:**

How-To's of Breastfeeding & Returning to Work or School

Offered 4 times per year, this class is FREE to UC Berkeley faculty, staff, students, and their spouses/domestic partners.

[Click here to see the current schedule.](#)

- Faculty and staff enroll through the [UCB Learning Center](#).
<https://auth.berkeley.edu/cas/login?service=https%3A%2F%2Fshib.berkeley.edu%2Fidp%2FAuthn%2FRemoteUser>
- Students and all others enroll by emailing breastfeeding@lists.berkeley.edu or calling at (510) 643-4646.
<http://www.uhs.berkeley.edu/facstaff/healthmatters/breastfeeding.shtml#class>